

Grecia



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report's chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adulti e bambini
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

JA PreventNCD

Joint Action to Prevent Non-Communicable Diseases and Cancer (JA Prevent NCD) is a three year project funded by the EUforHealth 2021-2027 programme. It is designed to reduce the burden of cancer and NCDs across Europe by supporting member states (22 EU member states and Iceland, Norway, and Ukraine) to implement effective prevention strategies by focusing on both personal and societal risk factors. The project aims to reduce fragmentation and duplication of actions.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan Evidence of NCD strategy
Year(s):	2024-2027
Organisation:	EUforHealth 2021-2027
Find out more:	preventncd.eu

National Action to Combat Childhood Obesity

Greece's first comprehensive national programme to prevent and combat childhood obesity through healthy eating habits and physical activity. The programme offers free nutritional monitoring, advice from paediatricians and nutritionists, educational programmes in schools, and free access to sports activities. It sets a target to reduce overweight and obesity in children aged 2-14 to 24.5% by 2030. (in Greek)

Categories:	Evidence of Obesity Target Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	Bambini
Organisation:	Ministry of Health, UNICEF
Find out more:	paxisarkiakaipaidi.gov.gr
Linked document:	Download linked document

Practical interdisciplinary support (National Action to Combat Childhood Obesity)

As part of the National Action to Combat Childhood Obesity, children with a high risk of overweight/obesity will be offered tailored, practical interdisciplinary support through free teleconsultations with a dietitian-nutritionist.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2023 (ongoing)
Target age group:	Bambini
Organisation:	Ministry of Health
Find out more:	paxisarkiaikaipaidi.gov.gr

Greek Pledge

A voluntary initiative by food and beverage companies to either not advertise food and beverage products to children under 13 years of age, or only to advertise products that meet the EU pledge specific nutrition criteria

Categories:	Evidence of Marketing Guidelines/Policy Industry/Government regulations - voluntary /pledges
Year(s):	2022 (ongoing)
Target age group:	Bambini
Organisation:	Federation of Hellenic Food Industries (SEVT)
Find out more:	www.sevt.gr
Linked document:	Download linked document

National Public Health Action Plan (2021-2025)

This cross-sectoral action plan lays out the national public health policy and priorities. The plan is focused on preventing disease by addressing risk factors such as smoking, poor dietary habits, lack of exercise, and stress. The plan sets a target to reduce childhood obesity from 25% (2017) to at least 10% (EU average) by 2030.

Categories:	Evidence of Obesity Target Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of NCD strategy Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2025
Target age group:	Adulti e bambini
Organisation:	Ministry of Health
Find out more:	www.moh.gov.gr
Linked document:	Download linked document

Nutrition circular on Kindergartens

Nutrition in Nurseries and Kindergartens. No further details as article in Greek

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Bambini
Organisation:	Ministry of Health
Linked document:	Download linked document

2019-2022 National strategic plan for the Public Health

National strategy for improving health of the population [Article in greek].

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019-2022
Target age group:	Adulti e bambini
Find out more:	www.moh.gov.gr
Linked document:	Download linked document
References:	Available from: www.moh.gov.gr/articles/health/domes-kai-draseis-gia-thn-ygeia/ethnika-sxedia-drashs/6237-ethniko-sxedio-drashs-gia-thn-dhmosia-ygeia%3Ffdl%3D14940+&cd=1&hl=en&ct=clnk&gl=uk [accessed 03.09.20].

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adulti e bambini
Organisation:	The European Commission
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/36162 (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

Greece's National Action Plan on Food Reformulation

This action plan by the National Nutrition Policy Committee aims to reduce the salt, added sugar, and industrially produced trans fatty acid content of food through voluntary commitments from the food industry, research and co-operation between the state and food sector.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2017 (ongoing)
Target age group:	Adulti e bambini
Organisation:	National Nutrition Policy Committee
Find out more:	www.sevt.gr
Linked document:	Download linked document

National Nutrition Guides

The Ministry of Health has adopted nutritional recommendations for the general population and for special population groups, including children, the elderly, and pregnant women. They are based on WHO recommendations. The guides also contain physical activity recommendations for each group.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Adulti e bambini
Organisation:	Ministry of Health
Find out more:	www.moh.gov.gr

School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	ec.europa.eu
References:	https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en

Feel4Diabetes

The overall aim of the Feel4Diabetes programme was "developing and implementing a community-based intervention to promote behavioural changes and creating a more supportive social and physical environment to prevent diabetes in vulnerable families across Europe". The programme was in place in Finland, Belgium, Spain, Hungary, Bulgaria, and Greece.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016-2018
Target age group:	Adulti e bambini
Find out more:	feel4diabetes-study.eu
Linked document:	Download linked document
References:	https://feel4diabetes-study.eu/

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Bambini
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

National Committee of Nutritional Policy

The Greek National Committee of Nutritional Policy was established in 2016.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/26977 Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

#BeActive

The #BeActive campaign is held each year during the European Week of Sport (September 23-30) to encourage participation in physical activity and sport regardless of age, background or fitness level. A wide range of activities and events have been held across Greece, including runs and sports days.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adulti e bambini
Organisation:	Ministry of Education, Sport and Youth
Find out more:	minsports.gov.gr

Legislation on food offered in School Canteens

This regulation includes a list of products that are allowed to be available in school canteens. The list was developed in line with the pyramid of the Mediterranean diet. The regulation also restricts the content of trans fats sold in school canteens to 0.1% for specific food groups.

Categories:	Evidence of School Food Regulations
Year(s):	2013 (ongoing)
Target age group:	Bambini
Organisation:	Government of Greece
Find out more:	edu.klimaka.gr
Linked document:	Download linked document
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) https://extranet.who.int/nutrition/gina/en/node/24687 . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Sports for All Programme

This programme aims to increase participation in sports across the life course among all groups of people by creating opportunities for practicing sports and leisure activities.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Adulti e bambini
Organisation:	Ministry of Education, Sport and Youth
Find out more:	minsports.gov.gr
Linked document:	Download linked document
References:	WHO. 2021. Greece: Physical Activity Factsheet 2021. Available at: https://cdn.who.int/media/docs/librariesprovider2/country-sites/physical-activity-factsheet---greece-2021.pdf?sfvrsn=533764c_1&download=true [Accessed 04.07.25]

EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adulti e bambini
Organisation:	European Parliament and the Council of the European Union
Find out more:	eur-lex.europa.eu
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/22917 (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011
Target age group:	Bambini
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

The Toy Box Intervention

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Adulti e bambini
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

Healthy Stadia Network

"At Healthy Stadia, we encourage professional and amateur sports clubs, league operators, national and international governing bodies of sport to develop their stadia and sports facilities as health-promoting environments. We do this by supporting them to adopt a range of policies and practices in support of the health of their fans, their staff and the surrounding community. The definition we give to Healthy Stadia is: Healthy Stadia are... those who promote the health of visitors, fans, players, employees and the surrounding community... places where people can go to have a positive, healthy experience playing or watching sport."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adulti e bambini
References:	https://healthystadia.eu/healthy-stadia-concept/

Paideiatrofi

The Paideiatrofi-programme aims to educate the population on a healthy and balanced diet to reduce the childhood obesity rates in Greece. It helps children and their whole family to change their lifestyle in a radical and sustainable way.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2008-2013
Target age group:	Adulti e bambini
Organisation:	Ministry of Health, Nutrition and Sport
References:	The EPHE (EPODE for the Promotion of Health Equity) project. http://www.ephestory.eu/project-greece.php (last accessed 10 Feb 2016)

EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adulti e bambini
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Bambini
Organisation:	World Health Organization
Linked document:	Download linked document
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf

Hellenic Code on Advertising Communication Practice

"There is no official government measure or legislation addressing the marketing of food to children. In the private sector, however, a self-regulating set of rules known as the Hellenic Code on Advertising Communication Practice has been established by the Hellenic Association of Communication Agencies and the Hellenic Advertisers Association" - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2003 (ongoing)
Target age group:	Bambini
References:	https://www.euro.who.int/__data/assets/pdf_file/0019/191125/e96859.pdf

Food and Drinks Code of Greece

Since 1971, Greece have had legislation in place which sets mandatory limits on the maximum salt content in certain products: bread, tomato juice and tomato concentrates.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1971 (ongoing)
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/salt_report1_en.pdf

Physical activity guidelines

Separate adult & child physical activity guidelines. Adult = see web link. Child = see doc link.

Categories:	Evidence of Physical Activity Guidelines/Policy
Target age group:	Adulti e bambini
Find out more:	extranet.who.int
Linked document:	Download linked document

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